Full Endoscopic Spine Surgery: Safe, Effective & Minimally Invasive

Full Endoscopic Spine Surgery (FESS) is becoming the preferred choice for individuals suffering from chronic back or leg pain caused by disc herniation, nerve compression, or spinal stenosis. Unlike conventional open surgery, FESS requires only a small incision, causing minimal tissue damage and quicker patient recovery.

Using a high-resolution endoscope, the surgeon views the spine in great detail, ensuring precise removal of the root cause of pain. For many patients, this technique provides immediate relief and a smoother postoperative experience.

Why Patients Prefer FESS

FESS offers many advantages:

- **Minimal bleeding** and low risk of infection
- **No major muscle injury**
- **Faster return to work and daily life**
- **Reduced hospital stay**
- **Better cosmetic results**

This procedure is widely recommended by experts, including **Spine Specialist in Thane, Dr. Sagar Kokate**, for its safety and effectiveness.

Conditions Treated

Full Endoscopic Spine Surgery is ideal for:

- Lumbar and cervical disc herniation
- Sciatica
- Foraminal stenosis

- Facet cyst removal
- Chronic back or neck pain
- Nerve root compression

Because the surgery targets the exact source of pain, it often delivers faster and more reliable results compared to conventional methods.

After the Surgery

Patients typically walk a few hours after the procedure. Most people resume their routine within 1–2 weeks. With physiotherapy and lifestyle modifications, long-term outcomes remain excellent.

FAQs on Full Endoscopic Spine Surgery

1. How small is the incision?
Generally less than 1 cm, resulting in almost invisible scarring.

2. Will I feel pain after the surgery?
Some discomfort is normal, but it is significantly less compared to open surgery.

3. Is general anesthesia required?
Not always. Many surgeons perform it under local anesthesia.

4. Can it treat all spine problems?
It is ideal for many conditions but not recommended for severe deformities or instability.

5. When can I go home?
Most patients are discharged the same day.